



## EXTREME WEATHER

### Flooding

#### GRAPHIC 1:



**FACEBOOK:** ⚠️ A flood watch does not mean flooding will occur, but it is possible. **XX** County residents, know what to do if a flood watch turns to a warning.

- ⚠️ Never drive through flooded areas.
- ⚠️ Learn the safest route from your home or business to high, safe ground should you have to leave in a hurry.
- ⚠️ Follow weather and expert advice.

[www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)

**TWITTER:** A flood watch does not mean flooding will occur, but it is possible. **XX** County residents,

- ⚠️ Never drive through flooded areas.
- ⚠️ Learn the safest route from your home or business to high, safe ground.
- ⚠️ Follow weather and expert advice.

[www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)

**INSTAGRAM:** ⚠️ Flood Watch is issued when conditions are favorable for flooding. It does not mean flooding will occur, but it is possible. **XX** County residents, know what to do if a flood watch turns to a warning.

- ⚠️ Never drive through flooded areas.
- ⚠️ Learn the safest route from your home or business to high, safe ground should you have to leave in a hurry.
- ⚠️ Follow weather and expert advice.

Link in bio to learn more.

[www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)

#### GRAPHIC 2:



**FACEBOOK/TWITTER:** ⚠️ Flood Warning is issued when flooding is about to happen or is occurring. Move to higher ground and follow evacuation orders. [www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)

**INSTAGRAM:** ⚠️ Flood Warning is issued when flooding is about to happen or is occurring. Move to higher ground and follow evacuation orders. Link in bio. [www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)

**GRAPHIC3:**



**FACEBOOK/TWITTER:** ⚠️ ☁️ XX County, stay tuned to radio and TV for information on flooding.

→ Be ready to move to higher ground.

🚗 Never drive through flooded roadways.

[www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)

**INSTAGRAM:** ⚠️ ☁️ XX County, stay tuned to radio and TV for information on flooding.

→ Be ready to move to higher ground.

🚗 Never drive through flooded roadways.

Link in bio. [www.health.ny.gov/flooding](http://www.health.ny.gov/flooding)



## Tornado

### GRAPHIC4:



**FACEBOOK/TWITTER:** ⚠️ 🗣️ Tornado watches have been issued in our area.

🗣️ Tornadoes are possible in and near the watch area.

🗣️ Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

🗣️ Stay informed on the weather and know what to do and where to go, to stay safe.

<https://www.ready.gov/tornadoes>

**INSTAGRAM:** ⚠️ 🗣️ Tornado watches have been issued in our area.

🗣️ Tornadoes are possible in and near the watch area.

🗣️ Tornadoes can destroy buildings, flip cars, and create deadly flying debris.

🗣️ Stay informed on the weather and know what to do and where to go, to stay safe.

Link in bio. <https://www.ready.gov/tornadoes>

### GRAPHIC5:



**FACEBOOK/TWITTER:** ⚠️ 🗣️ Tornadoes warnings have been issued in our area.



- 💡 A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property.
- 💡 Immediately go to a safe location.
- 💡 Protect yourself by covering your head with your arms. Put furniture and blankets around or on top of you.
- 💡 Do not try to outrun a tornado in your vehicle.

[www.ready.gov/tornadoes](http://www.ready.gov/tornadoes)

**TWITTER:** ⚠️💡 Tornadoes warnings have been issued in our area.

- 💡 A tornado has been sighted or indicated by weather radar. There is imminent danger to life and property.
- 💡 Immediately go to a safe location.
- 💡 Protect yourself by covering your head with your arms. Put furniture and blankets around or on top of you.
- 💡 Do not try to outrun a tornado in your vehicle.

[www.ready.gov/tornadoes](http://www.ready.gov/tornadoes)

### Extreme Heat

#### GRAPHIC 6:



**FACEBOOK:** Prepare now for upcoming extreme heat:

- ⚙️ Taking precautions to avoid heat exhaustion.
- 📘 Drink plenty of water, even if you do not feel thirsty.
- If possible, stay out of the sun and stay in air conditioning, especially during the hottest part of the day (between 11 a.m. and 4 p.m.).

More tips from @NYSDOH – New York State Department of Health: [www.health.ny.gov/ExtremeHeat](http://www.health.ny.gov/ExtremeHeat)

**TWITTER:** Prepare for #ExtremeHeat with tips from @HealthNYGov:

- 📘 Drink plenty of water, even if you do not feel thirsty.
- If possible, stay out of the sun and stay in air conditioning, especially during the hottest part of the day (between 11 a.m. and 4 p.m.).

[www.health.ny.gov/ExtremeHeat](http://www.health.ny.gov/ExtremeHeat)

**INSTAGRAM:** Prepare now for upcoming #ExtremeHeat.

- ⚙️ Taking precautions to avoid heat exhaustion.
- 📘 Drink plenty of water, even if you do not feel thirsty.



→ If possible, stay out of the sun and stay in air conditioning, especially during the hottest part of the day (between 11 a.m. and 4 p.m.).

More tips from @nysdoh. Link in bio. [www.health.ny.gov/ExtremeHeat](http://www.health.ny.gov/ExtremeHeat)

**GRAPHIC 7:**



**FACEBOOK:** A heat alert has been issued. Tips for staying cool at home:

- 🧐 Use air conditioning
- 🧐 Open windows and shades where it's shady and close them where it's sunny
- 🧐 Spend more time on lower levels
- 🧐 Avoid using your stove/oven
- 🧐 Use a fan when outdoor air temperatures are cooler than indoor air temperatures

Learn about more ways to stay cool from @NYSDOH- New York State Department of Health:

[www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)

**TWITTER THREAD 1:** A heat alert has been issued. Tips for staying cool at home:

- 🧐 Use air conditioning
- 🧐 Open windows and shades where it's shady and close them where it's sunny
- 🧐 Spend more time on lower levels ↓

**THREAD 2:**

- 🧐 Avoid using your stove/oven
- 🧐 Use a fan when outdoor air temperatures are cooler than indoor air temperatures

Learn about more ways to stay cool from @HealthNYGov:

[www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)

**INSTAGRAM:** A heat alert has been issued. Tips for staying cool at home:

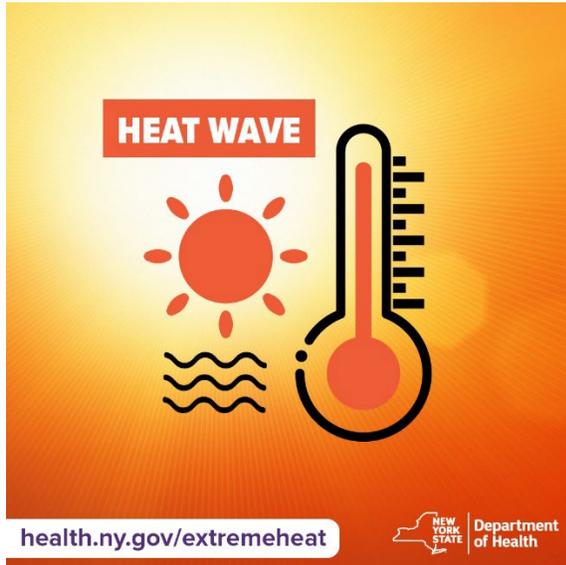
- 🧐 Use air conditioning
- 🧐 Open windows and shades where it's shady and close them where it's sunny
- 🧐 Spend more time on lower levels
- 🧐 Avoid using your stove/oven



😊 Use a fan when outdoor air temperatures are cooler than indoor air temperatures  
Learn about more ways to stay cool from @nysdoh. Link in bio.

[www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)

**GRAPHIC 8:**



**FACEBOOK & TWITTER:** 🌡️🌡️ When the temperature is too hot, the risk of a heat-related illnesses increases.  
Visit:

- Friends, family or neighbors with air conditioning or a pool
- A library, grocery store or large store
- A NYS Park
- A local cooling center: <https://www.health.ny.gov/environmental/weather/cooling/index.htm>

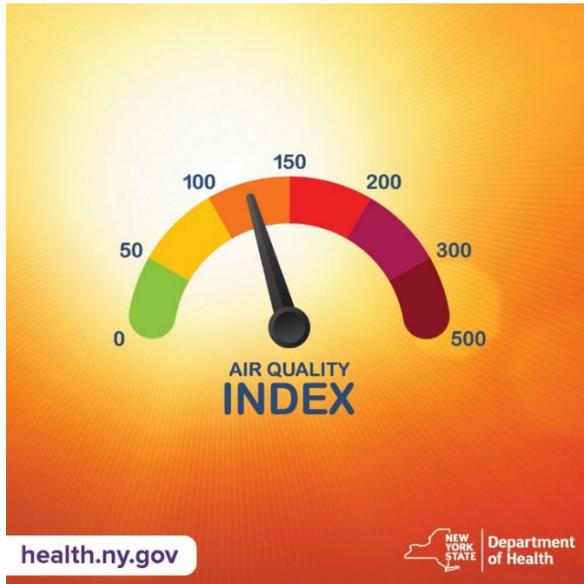
**INSTAGRAM:** 🌡️🌡️ When the temperature is too hot, the risk of a heat-related illnesses increases. Visit:

- Friends, family or neighbors with air conditioning or a pool
- A library, grocery store or large store
- A NYS Park
- A local cooling center: <https://www.health.ny.gov/environmental/weather/cooling/index.htm>

**GRAPHIC 9:**



## Public Health Toolkit Social Media



**FACEBOOK:** XX county residents, are encouraged to stay alert about the air quality where you live, work and play. Learn more from @NYSDOH – New York State Department of Health and sign up for alerts today:

<https://health.ny.gov/environmental/outdoors/air/>

**TWITTER:** XX county residents, are encouraged to stay alert about the air quality where you live, work and play. Learn more from @HealthNYGov and sign up for alerts today:

<https://health.ny.gov/environmental/outdoors/air/>

**INSTAGRAM:** XX county residents, are encouraged to stay alert about the air quality where you live, work and play. Learn more from @nysdoh and sign up for alerts today. Link in bio.

<https://health.ny.gov/environmental/outdoors/air/>

### GRAPHIC 10:





**FACEBOOK:** 🤒 Exposure to the sun can give you more than a burn. Weakness, headache, dizziness, vomiting and fainting are some signs of heat exhaustion. → Learn more about what you can do if you see the signs of heat-related illness AND how to keep cool with tips from @NYSDOH- New York State Department of Health: [www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)

**TWITTER:** 🤒 Exposure to the sun can give you more than a burn. Weakness, headache, dizziness, vomiting and fainting are some signs of heat exhaustion. → Learn more about the signs of heat-related illness AND how to keep cool tips from @HealthNYGov: [www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)

**INSTAGRAM:** 🤒 Exposure to the sun can give you more than a burn. Weakness, headache, dizziness, vomiting and fainting are some signs of heat exhaustion. → Learn more about what you can do if you see the signs of heat-related illness AND how to keep cool from tips from @nysdoh. Link in bio. [www.health.ny.gov/extremeheat](http://www.health.ny.gov/extremeheat)

**GRAPHIC 11:**



**FACEBOOK:** Summertime may mean more outdoor playtime for children, but high temperatures put them at risk for heat-related illness. Help kids follow these simple tips to keep cool:

- 💧 Drink lots of water
- 👕 Wear loose clothing
- 🏠 Take regular breaks

Learn more from @NYSDOH – New York State Department of Health: [www.health.ny.gov/publications/1243/](http://www.health.ny.gov/publications/1243/)

**TWITTER:** Summertime may mean more outdoor playtime for children, but high temperatures put them at risk for heat-related illness. Simple tips to keep kids cool:

- 💧 Drink lots of water
- 👕 Wear loose clothing
- 🏠 Take regular breaks

Learn more @HealthNYGov: [www.health.ny.gov/publications/1243/](http://www.health.ny.gov/publications/1243/)

**INSTAGRAM:** Summertime may mean more outdoor playtime for children, but high temperatures put them at risk for heat-related illness. Help kids follow these simple tips to keep cool:

- 💧 Drink lots of water



## Public Health Toolkit

### Social Media



 Wear loose clothing

 Take regular breaks

Link in bio to learn more from @nysdoh. [www.health.ny.gov/publications/1243/](https://www.health.ny.gov/publications/1243/)